

# Southern Tioga High School Breakfast Menu

## May 1st-June 1st 2017

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5/1 Whole Grain Goody Ring 100% Juice Fresh Fruit Low Fat Milk	5/2 Cinnamon Bun 100% Juice Fresh Fruit Low Fat Milk	5/3 Breakfast Taco 100% Juice Fresh Fruit Low Fat Milk	5/4 French Toast Sticks w/ Syrup 100% Juice Fresh Fruit Low Fat Milk	5/5 Pancake Sausage Wrap 100% Juice Fresh Fruit Low Fat Milk
5/8 Mini Waffles 100% Juice Fresh Fruit Low Fat Milk	5/9 Cinnamon Pretzel Stick 100% Juice Fresh Fruit Low Fat Milk	5/10 Dutch Waffle 100% Juice Fresh Fruit Low Fat Milk	5/11 Mini Pancakes 100% Juice Fresh Fruit Low Fat Milk	5/12 Egg and Cheese Biscuit 100% Juice Fresh Fruit Low Fat Milk
5/15 Whole Grain Goody Ring 100% Juice Fresh Fruit Low Fat Milk	5/16 Cinnamon Bun 100% Juice Fresh Fruit Low Fat Milk	5/17 Breakfast Taco 100% Juice Fresh Fruit Low Fat Milk	5/18 French Toast Sticks w/ Syrup 100% Juice Fresh Fruit Low Fat Milk	5/19 Pancake Sausage Wrap 100% Juice Fresh Fruit Low Fat Milk
5/22 Mini Waffles 100% Juice Fresh Fruit Low Fat Milk	5/23 Cinnamon Pretzel Stick 100% Juice Fresh Fruit Low Fat Milk	5/24 Egg & Cheese Biscuit 100% Juice Fresh Fruit Low Fat Milk	5/25 Mini Pancakes 100% Juice Fresh Fruit Low Fat Milk	5/26 Dutch Waffles 100% Juice Fresh Fruit Low Fat Milk
5/29 NO SCHOOL	5/30 French Toast Sticks w/ Syrup 100% Juice Fresh Fruit Low Fat Milk	5/31 Breakfast Taco 100% Juice Fresh Fruit Low Fat Milk	6/1 Cinnamon Bun 100% Juice Fresh Fruit Low Fat Milk	

### What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

#### High School Alternate Options May Include:

Monday: Veggielicious Muffin  
 Tuesday: Fruit Frudel  
 Wednesday: Veggielicious Muffin  
 Thursday: Mini Cinnis  
 Friday: WG Coffee Cake

Available Daily:

Whole Grain Cereal with Toast, Breakfast Pizza, Assorted Cereal Bars

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.



#### Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,  
 Fat Free White and Low Fat White

Proud to manage your  
 food service program



Meal Prices:  
 Paid \$1.25  
 Reduced .30

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MENUS SUBJECT TO CHANGE